



Brainerd Nordic Ski Club

Lumberjack Jotter

November 2008

Gear up for the annual ski swap Saturday, Nov. 15

Do you have any winter sports equipment that you'd like to upgrade or replace? If so, the Brainerd Nordic Ski Club (BNSC) sponsored SKI SWAP is the place to do so. The SWAP is the place where you can find those special deals on used equipment as well as new products from area dealers. We hope you're making preparations for the annual Brainerd Lakes Ares SKI SWAP coming up on Saturday, November 15. Having the SWAP in mid-November has many advantages; high school Nordic team members know the equipment needs they have, we don't conflict with deer opener and...by mid-November it's supposed to be colder with even the chance of snow so it puts us closer the actual skiing season.

We will continue the check-in, sales and pick up times and procedures as in the past. Equipment registration will be Saturday morning from 7:30-9:00. Registration tags will be provided to mark all items. BNSC members will be available to assist with tagging and pricing questions. If you're coming to purchase only, doors will open at 9:00 and the SWAP will run until 12:00. Between 12:00-1:00, people can collect money from sold items and/or pick up unsold items. Unclaimed goods will either be discarded or become property of the BNSC.

A little advice...if you're looking for a really great deal or have a specific item(s) in mind, arrive as close to 9:00 as possible – the buying is fast and furious during the first 30 minutes and the choice items go quickly! For people only selling, the SWAP is the perfect opportunity to get a little something back on your personal equipment and accessories.

Similar to past years, the BNSC will collect 15% of the merchandise sales from all non-club members. However, any current member (or those that join at the SWAP) will pay only 10% - another special advantage to club members and another reason to tell your skiing friends to join the club!

As usual, local ski shops will have new and rental items for sale. We always ask participating retail shops to bring an extra supply of youth/teen equipment as this is the area that usually receives the most interest. So check your X-C equipment and other winter sports items like downhill skis, snow boards, figure/hockey skates, car top carriers, snow shoes, etc. Determine what items you'd like to sell and what equipment you'd like to buy.

PLEASE...share the above information with all of your winter enthusiast friends. We'll inform the public through local media. Mark your calendars for Saturday, November 15 and show up ready to find some fantastic deals! There will be many BNSC and downhill personnel on the floor to help with your questions.

If you'd like to help us with the many jobs needed to run an event of this size, please call Jeff DeVaney at 218-829-7472. Thanks much and we'll see you at the SWAP!

Get together for an early season ski & potluck

Everyone is invited to join us for an early winter ski and potluck. On Saturday December 13th we will be meeting at Forest View at 3:00 p.m to ski. For those who have not been able to ski at Forest View, you'll find the trails a nice change of pace. The wide trails will allow for everyone to ski together or venture off on your own. This will be a great opportunity for members to meet each other and socialize.

After a nice ski at Forest View, everyone is invited back to Jeff DeVaney's house in Baxter. For those who are unable to make it to Forest View you're more than welcome to stop in for the potluck.

For those who are able to attend the potluck please bring an item by last name:

A – I Hot dish

J – P Salad

Q – Z Snack or dessert

Any questions please contact Chad at chad_turcotte@yahoo.com or 839-1847.

I'm looking forward to seeing everyone out on the trails and at Jeff's!



Longtime volunteer Pat Lanin retires from ski club board

After many years of countless hours, Pat Lanin has retired from the ski board.

Pat's passion for skiing and attention for detail has been a tremendous asset for skiing in our community.

We will miss Pat's knowledge and guidance he has provided in the past and look forward to seeing him on the trails!

Good luck and thanks again Pat!

Martin's event Nov. 18

Martin's Sport Shop in Nisswa is having its annual cross country open house on Tuesday, Nov. 18 from 4-7 p.m.

Representatives from various manufacturers will be on hand to help fit skiers to the proper gear.

Martin's will have special pricing on equipment that night as well as door prizes, cookies and cider.

Ski tips, waxes & things

by Bill Meyer

Be prepared for the ski season ahead

Each year I begin the ski season with some thoughts on various activities that can help every skier improve, have more fun and find a new sense of overall satisfaction in their skiing. Some are racers at the local level or nationally; others go out occasionally for exercise, and most are in between those extremes.

Last year we got a fairly early heavy snowfall, then needed to make that work for us until sometime in late January. Wasn't the greatest, but we could ski every day thanks to the skill of our contract groomers, Trail Boss Grooming. On this past Saturday/Sunday we held a two day roller ski biathlon event at Elk River. Good paved trails and an ok range. Saturday was sunny and just a little wind. Sunday was blustery with a lot of snow in the air. Nothing accumulated, but those leaves and asphalt got a bit slippery! Good reminder that winter is close upon us.

All of us, racer, coach or recreational skier, should be checking over equipment, replacing things that don't fit, upgrading if need be.

From our Club standpoint, we have French Rapids cleared and mowed. The Arb is getting mowed, and Forestview is ready to go. French, in particular, could use some additional handwork picking up debris and trimming off brush and limbs. But we are getting close to being ready with the trails.

So what should a skier be doing this time of year to get ready?

All of us, racer, coach or recreational skier, should be checking over equipment, replacing things that don't fit, upgrading if need be. Skis can be ground to improve the ease of waxing them, their ability to hold wax, and by putting in an appropriate grind, their inherent speed on our kind of snow. Wax boxes need checking and refilling especially

in those mid range waxes—both kick wax and glide wax.

For the skier him/herself lets back up a bit and look at what makes an ideal progression before the ski season.

Most top skiers train year around for skiing. Not bike racing, not running races, but train for skiing. Others mix in other activities and races for fun, but stick with a basic plan focused on improving their skiing from year to year. Note here: **year to year** improvement.

- Rule number one says, don't do the same thing each year and expect different results! So if you are an upcoming junior racer or a middle aged masters skier—you need to do something different than you did last year. Or as you get older—you not only won't be the same as last year, you will find the skiing harder and harder. So **Year to Year increases in training**.
- With that concept in mind—what kind of training? First is **overall volume** of everything you do that is active. Top athletes are up in the 800-1000 hours of training per year—often not counting strength training which they also do a lot of. And for biathletes that doesn't count the time building accuracy with the rifle. Our top Juniors are doing 500 hours for biathlon plus shooting. Most of this is in the BE (Basic Endurance) zone where you can talk as you work out. Volume is important! Distance is important!

(continued on page 4)

Ski tips, waxes & things *(continued)*

(from page 3)

This **builds up the base** of the skier to allow more intense work later, to help keep illness down, and to help prevent overtraining during the intensity period of training. It works by building up the specific cells used in the sport, strengthening the heart and lung muscles, and increasing the capillarity near the muscle cells so the cells can be replenished quicker and more completely. Incidentally, we have our athletes skiing 2 –3 hours at a slow pace for training, even though their races normally don't last more than a ½ hr or so. This training is far more than “endurance”. But it is that also.

- Next is to improve the **strength**. Most, particularly runners and bikers, are weak in the upper body. And upper core area, as well. Triceps, biceps, lats, abs, and back muscles all need work. A good method here is to put some bungee cords where you walk past them everyday, and use them daily! Double poling long distances is great! Our top juniors will go out for 1½ hr and do nothing but double pole on roller skis. Also keep in mind that uphill skiing is basically one legged presses uphill. It never hurts to do just that on a low box—step up and use your leg muscles to lift your body weight.
- Once a base is established, then some increase in **intensity** is needed. Doing all training just within the bottom of the effective training zone will help the base, but will not prepare your fast twitch muscles, lactate utilization system, and the heart/lungs for skiing fast. Usually a series of intervals, or bounding on steep hills with poles is employed as a methodology to raise the heartrate. Now there is a zone between an easy conversational zone, and a hard, can't hardly talk workout that is actually damaging to your progress. This is the zone most will be in if they aren't careful or if they try to go as a group. It starts to bring in some fast twitch muscles, but not very hard—so those tend to be weakly trained plus recovery takes a lot more time than from the BE zone.
- **General to the specific**. This is the basic tenet of ski training. Early in the summer biking/swimming/running/etc are all good. By midsummer, a lot of time should be spent on roller skis, and by now in the fall, just about all the training time should be on roller skis, hill work with poles or on snow skis. You need to work the muscles that you will be using to ski. Need to get the connection to the brain reestablished again.
- And last- need to improve the **ability to ski**. Runners and bikers are really limited as to how much they can improve in technique compared to skiers. Skiing is a mix of art and science. Watch a top skier move down the trail and you will see what I mean. Perfect balance. Effortless speed -- subtle changes in weight shifting -- strong pushes combined with easy glide. Technique improvement is probably the most effective use of training time.
- Finally- there is **recovery**. Without adequate recovery there is no return to the condition you started with—and certainly is no supercompensation—the holy grail of training (also called improvement!). BE workouts are fairly easy to recover from, even 2-plus hours of skiing. Eat right, sleep well and the next day you will be mostly back. Intensity workouts and especially races are tough on a person. It may take 3 or 4 days to completely recover and supercompensate from a race. So you need to learn your own body and what it takes. Doing 2 races and 2 or 3 intensity workouts a week is totally foolish. Doing intensity more than one day or possibly two in a row is foolish. Mix it up with at least a day of distance or an easy short ski. Don't get into a habit of doing a “little intensity” everyday. When you train hard, train hard. When you train easy the next day, train easy. And active recovery days will be more effective than bed rest.

Now what I outlined above is what a top skier does from April to March. And we now are into November and you haven't done a thing all summer, or you ran cross country this fall and your volume is shot and you are overtrained, or you biked all summer – what should you do? I would suggest to start with some long roller skiing. Build up to a couple of hours at an outing. Meanwhile, add some strength work. Get in a weight room if possible. In 6 weeks you can gain a lot of strength and will actually plateau for a bit anyway. Then once we get some snow, spend the first 2 weeks just skiing easy. Then add some faster skiing in intervals where you go at a pace you could keep up for an hour but do it for 5-10 minutes, then go easy for 5-10 minutes.

It will all come together. And next year, start in April.

Enjoy

Board of Directors meeting minutes -- Oct. 13, 2008

Northwest Bread and Bagel. Meeting called to order by Vice Pres, Bill Meyer at 6:30 pm. Present: Jean Meyer Treasurer, Nadine, Al, Nicole, Jeff, Ray, Mark and Bill. Pres. Chad arrived a few minutes late and took over the rest of the meeting. Guest- John Taylor- Trail Boss Grooming.

1] Minutes from Sept 22 were approved after the deletion of one sentence regarding the new rental rates in the DNR grant.

2] Treasurer's report. See report for end of year June 30th, 2008. Also, IRS filing was completed on time. MSP. Budget meeting set for Tues noon, 21st of Oct at Grizzlies. Al, Nadine, Jean and Bill adding information on grooming costs.

3] Ski Swap- Jeff and Nadine- fliers are out—Jeff passed out at meeting. 15th of Nov, setup at 5:00 on Fri. Jeff and Nadine have contacted Martins, Easy Rider, and Fitzharris; along with Cycle Path and Paddle, and Alexandria. Will also contact Home Place in Bemidji—but probably not Grand Rapids. Discussed using racks for skis and decided to lay them on table again as last year.

4] Equipment status- New sled is in- Chad will pick up- and determine who will do the modifications for towing so that the warranty is not voided by that work. He will also take the yoke from the 4 foot pan drag in and get it welded up. Otherwise all equipment is functional. John Taylor is taking our older sled in with his to get winterized—opposite of summerized.

5] Trail Prep- TNC has cleared major tree downfalls at French Rapids in preparation for burning. {Note found this past week that they will not burn this year due to contract problems}. A work crew was set for the 18th of Oct at French. Mowing to follow that. { That work is all done now—but trails need pickup and brush/limbing.}

The Arb needs stumps cut on Big Ben, Potlatch and Rudy's due to hazard to equipment and skiers. {This has now been done also}. Arb needs trails mowed—planned on doing day after French. {Arb indicated they had equipment and would mow—TNC is concerned about Arb equipment and will work it out with the Arb}. The Arb will have an expanded light show this year again so the Board decided to eliminate our lights in the SE corner from the Building down to the old entrance. That area will not be groomed and we will take a short cut off of the lighted trail to the race start area to avoid being next to their winter road as much as possible. Bill and Roger will look at the lights for hornets and contact the power co. Lights will be turned off at 9:00 pm this year. A sign will be placed by the entrance with that information.

Forest View- Normally done by school or Kent Montgomery. { Kent said trails looked good}.

6] Grooming Plan- The DNR will be raising their rental rates by this winter so we will get more revenue in per hour—however the grant amount is not going up over last year [\$16,535]. Mary Claire and Bill have met with Todd Selk and he indicates they will provide funding for the school teams similar to last year on the same basis. So we need to cut down on the hours but increase the efficiency of the operation. Bill presented some scenarios for basically 5 days a week at the Arb; 3 days a week at FV due to higher school usage there; and 2 days a week at FR. All based on a 13 week winter. Goal is to keep the amount spent per week within basically the limits of the grant plus the school reimbursement.

John Taylor will be doing all the work on a contract basis, with the exception of a volunteer effort focused primarily at Forestview a couple of days a week. John would come in one day a week with the better grooming equipment. {Note: this was predicated on the school providing a storage place for one machine plus some grooming equipment. As of this writing, this is in question.}

Board agreed with planning and will work into the budget accordingly.

7] Other business—Board discussed an early winter potluck. Jeff DeVaney volunteered his home as the ARB will have the light show going on. Decided on Saturday the 13th of Dec—meeting at Forest View to ski at 3:00 PM. Potluck to follow.

Jotter—need to get articles to Kirsti by end of Oct for a Jotter by the 10th of Nov.

Baxter Park area along river- a letter of intent will be sent to Baxter by Mark Stadem regarding the interest of the ski club in that new park area for ski trails, and possible biathlon range.

Next Meeting will be the 10th of Nov at the Northwest Bread and Bagel. 6:00 eat- 6:30 meeting.

Respectfully submitted Oct 30th, 2008, Bill Meyer

2008 BNSC Board members

Dan Crusier, Jeff DeVaney, Josh Duda, Ray Griffin, Nicole Kellerman,
Roger Landers, Bill Meyer, Jean Meyer, Kent Montgomery, Mary Claire
Ryan, Mark Stadem, Al Steiff, Chad Turcotte, Nadine Wittkopp



Become a member of the Brainerd Nordic Ski Club!

2008-09 Membership

Individual \$15

Family \$35

Club Sponsor \$75

High School Student \$3

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Please send membership and payments to:

Brainerd Nordic Ski Club

PO Box 927

Brainerd, MN 56401